

Version 2.0



## Abstract

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**PI Title:**

**Project Title:** An Intervention for Lifestyle Change in Type 2 Diabetes

**Abstract:** *This study will pilot test the implementation of a nurse-coaching intervention provided after diabetes education for individuals with type 2 diabetes. The specific aims are to: 1) Conduct a pilot test of a nurse-coaching intervention that targets lifestyle change and is delivered after diabetes education to participants with type 2 diabetes in an outpatient clinic setting; 2) Evaluate protocol implementation and participant satisfaction with the intervention; 3) Compare physiologic adaptation (glycosylated hemoglobin (HgbA1c), body mass index (BMI), blood pressure (BP), dietary and exercise behavior) and psychosocial adjustment (integration, diabetes-related distress, functional health status) between participants receiving the nurse-coaching intervention to those receiving standard type 2 diabetes follow-up care; and 4) Examine the relationship between physiologic and psychosocial outcomes in living with type 2 diabetes. The modified Adaptation to Chronic Illness Model will guide this pilot study that uses a prospective randomized clinical trial design. A convenience sample of 50 participants with type 2 diabetes will be recruited from a regional diabetes center and randomized to either the experimental (n=25) or control group (n=25). The findings will be used to design further intervention studies focused on lifestyle change and type 2 diabetes.*

### **Thesaurus Terms:**

*diabetes education, health behavior, noninsulin dependent diabetes mellitus, nursing intervention, patient care management*

*clinical trial, diabetes mellitus therapy, education evaluation /planning, human therapy evaluation, life style*

*behavioral /social science research tag, female, human subject, patient oriented research,*

*postdoctoral investigator*

**Institution:** YALE UNIVERSITY  
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